

STROLL

Clarkson Valley



MEET THE
HOMAYOONFARS!

DELIVERING NEIGHBORHOOD CONNECTIONS

HIGHER
FOCUS
PHOTOGRAPHY

BOTOX
COSMETIC
onabotulinumtoxinA
injection

 **coolsculpting**

EMSCULPT^{re2}

WEIGHT LOSS

FACIALS

& MUCH MORE



**NEW YEAR
NEW YOU!**

1661 Clarkson Road | Chesterfield, MO 63017

314-822-1060

www.AuroraMedicalSpa.com



Chiropractic Care for **Babies & Children**

Conditions that respond
well to chiropractic:

Reflux

Ear Infections

Constipation

Colic

ADHD

Asthma

Bed Wetting

Growing Pains



Call (636) 345-4816 or visit excelsiorchiro.com
to book your virtual consultation today!

17684 Chesterfield Airport Rd. Chesterfield, MO 63005

EXCELSIOR
FAMILY CHIROPRACTIC

At Excelsior we stand for a world where every family can be supported and empowered in their pursuit of their God-given potential to be healthy!

Stroll Clarkson Valley Social Committee



Meet your *Stroll Clarkson Valley* team! We'd like to thank all of our writers for their valuable contributions to the magazine.



Bill Tuttle
Owner, Marketing
Director, and Publisher
Bill.Tuttle@n2co.com
636-579-0698



Ximena Bolaños
Contributing Writer and
Content Coordinator
Ximena.Bolanos@n2co.com
610-762-3353



Jill Gray
Photographer
Higher Focus Photography
Jill@higherfocus.net
314-623-1587



Saria Peterson
Social Media Manager
StrollCVSocial@n2co.com
314-504-1619



Anna Bohlmann
Resident Writer
Resident of Westhampton
Annaisabella2@gmail.com

WE'D LOVE TO HEAR FROM YOU!

Our goal is to build community in the neighborhood by helping everyone get to know each other a little better and make *Stroll Clarkson Valley* the best it can be! Please let us know how we are doing. Do you have any article ideas? How about ideas on neighborhood events? This is your publication!

WANT TO WRITE FOR STROLL CLARKSON VALLEY?

We are always looking for community members who would like to take an active role in writing stories for *Stroll Clarkson Valley*. We currently have openings for resident article contributors and junior writers — kids who want to get involved, gain valuable experience, and/or build their resumes and portfolios! If you or someone you know might be interested, please email Bill.Tuttle@n2co.com.

NEW TO THE NEIGHBORHOOD?

Are you and your family new to the neighborhood? If so, welcome! Please send your contact information to Bill.Tuttle@n2co.com to be added to our event invitations and contact list.



Follow us on Facebook and Instagram:
www.facebook.com/strollclarksonvalley
www.instagram.com/strollclarksonvalley



strollmag.com

Delivering Neighborhood Connections
© 2022 The N2 Company, Inc.

CLARKSON VALLEY
Living

DISCLAIMER: This publication is also known as *Clarkson Valley Living*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

Meet Our Newest Stroll Clarkson Valley Preferred Partners!

Please take a minute to familiarize yourself with these local businesses now sponsoring *Stroll Clarkson Valley*. Not only do they make this newsletter free for all our residents, but each business is interviewed and evaluated before allowing them to come on board as a partner. Please support these businesses and thank them for supporting *Stroll Clarkson Valley*!



MOUSE WORLD TRAVEL —
PATTY GERLEMAN
314-452-4717
MOUSEWORLDTRAVEL.COM

I have always had a love for all things Disney! From my collection of stuffed Poohs, Mickey watches and Disney purses to my love for traveling to Disney World, I am a true Disney Fan!

For me planning a vacation is almost as fun as the actual vacation itself! That is why my job is a dream come true! I love talking with people about Disney and helping them plan a magical trip! I want to help you plan a magical vacation that will bring you

memories that will never be forgotten! I also plan vacations at destinations other than Disney! Call **314-452-4717** to book your next vacation, or visit [mouseworldtravel.com](https://www.mouseworldtravel.com) to learn more!



**BRUSH CREEK
VALLEY FARMS**
573-241-1221
BRUSHCREEKVALLEY.COM

Farming is in our blood. Co-founder Matt Stubblefield comes from nine generations of farmers and has spent his entire life farming. With a desire to use his expertise to bring healthy, delicious beef to Missourians' doorsteps, he, and his wife, Rockael, moved forward to found Brush Creek Valley Farms in 2018. After getting their start in local farmers markets,

they expanded their services into direct-to-consumer options via the online shop and selling to wholesalers. Now, anyone across the United States is able to enjoy Brush Creek Valley Farms meat in their own homes. Call **573-241-1221** or visit [brushcreekvalley.com](https://www.brushcreekvalley.com) today to shop for your farm fresh beef and pork delivery!



BURN BOOT CAMP
BURNBOOTCAMP.COM

Burn Boot Camp transforms lives and communities through challenging 45-minute cardio and strength workouts that will leave you feeling stronger and more confident in all aspects of your life. Our creative programming and personal

training in a group setting create long-term results for all fitness levels. We offer complimentary child watch, nutrition guidance, InBody diagnostics, unlimited camps, and a convenient schedule to help you maximize the quality of your life. Visit [burnbootcamp.com](https://www.burnbootcamp.com) to sign up for four weeks for \$69!

burn boot camp

WE'LL PAINT ANY COLOUR YOU LIKE.

**EXTERIORS · INTERIORS
POWER WASHING · DECK STAINING**

FOR A FREE ESTIMATE

Contact either Artiste:
Richie Weeks 636-466-0015
Jason Tucker 636-795-1463

Darkside of the Room, LLC
Painting & Contracting

DarksideOfTheRoomPainting@yahoo.com

SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses who make this magazine possible. Please support them in return and thank them if you get the chance!

#ADVERTISING

Stroll Clarkson Valley
Bill Tuttle
(636) 579-0698

ALL NATURAL BEEF & PORK HOME DELIVERY

Brush Creek Valley Farms
(573) 241-1221
brushcreekvalley.com

ART/CRAFT/NEEDLEWORK SHOP

Yarncom
(636) 628-6784
yarncomstl.com

BANKING

Paramount Bank
(314) 608-8620
paramountbank.com

BASEMENT WATERPROOFING & BASEMENT REPAIR

Quacker's Waterproofing & Basement Repair
(636) 281-3735
quackerswaterproofing.com

BOOKKEEPING

Bookkeeping For You
Kathleen Brenner
(314) 605-1800
bookkeepingforyoullc.com

CHIROPRACTIC CARE

Excelsior Family Chiropractic
(636) 345-4816
excelsiorchiro.com

CLEAN LIVING PERSONAL CARE PRODUCTS

Exactly Zero Personal Care Products
(636) 692-1426
exactlyzero.com

COLLEGE CONSULTANT

Absolute College Consulting
(636) 346-5313
absolutecollegeconsulting.com

CUSTOM DECKS/ROOFING/ GENERAL CONTRACTING

Covenant Contracting
(314) 282-1991
covenantcontractingstl.com

DECKS & PATIOS

The Wall Guys Construction
(314) 680-5141
thewallguysconstruction.com

DENTISTRY

Mark Hesker, D.D.S., P.C.
(314) 569-3337
heskerdental.com

ELECTRICAL

Accurate Electric
(636) 225-1020
accurateelectricstl.com

FINANCIAL ADVISOR

Edward Jones - Kris Caldwell
(636) 537-0376
edwardjones.com/kris-caldwell

FITNESS

Burn Boot Camp
burnbootcamp.com

CycleBar Chesterfield

(636) 778-3880
cyclebar.com/location/chesterfield

Row House Chesterfield

(314) 391-2136
throwhouse.com/location/chesterfield

FLORAL & GIFTS

Mary Tuttle's Flowers
(636) 425-3344
marytuttlesflowers.com

FOUNDATION REPAIR & WATER PROOFING

Perma Jack of St. Louis
(636) 225-2553
permajackofstlouis.com

GENERAL CONTRACTOR

King Homes
(314) 520-7271
kinghomesonline.com

HARDSCAPE & LANDSCAPE

Suburbia Hardscape & Landscape
(636) 220-4911
suburbiaastl.com

HEATING & COOLING

Welsch Heating & Cooling
(314) 872-8070
welsch-heatcool.com

HOME REMODELING

Hackett Home Remodeling
(314) 540-6311
hacketthomeremodeling.com

INSURANCE AGENT

Tania Interian - State Farm Agent
(314) 822-5180
gowithtania.com

KITCHEN & BATH DESIGN

The Style House
(636) 220-3007
thestylehousestl.com

KITCHEN REMODELING

Premium Cabinets
(314) 499-8800
PremiumCabinets.com

LANDSCAPING

Big Bend Landscaping
(636) 349-2946
bigbendlandscaping.com

MEDICAL SPA

Aurora Medical Spa
(314) 822-1060
aurorameditalspa.com

MOVING & PORTABLE STORAGE

UNITS of St. Louis
(314) 934-8648
UnitsSTL.com

OPTOMETRIST

Performance Eyecare
(636) 249-2885
performanceeyecare.com

PAINTING

Darkside of the Room Painting
(636) 466-0015
facebook.com/darksideoftheroomllc

PAINTING & WALLCOVERING

Weaver's Wallpapering Company
(314) 616-0487
@stl_wallpaper_paint

PEDIATRIC CARE

Allies 4 Health
(314) 472-8333
allies4health.com

PHOTOGRAPHY

Higher Focus Photography
(314) 623-1587
higherfocus.net

PROPERTY MANAGEMENT

Property Management Inc. STL Metro
(314) 719-9869
pmistlmetro.com.com

REAL ESTATE AGENT

Chrissy Wagner Red Key Realty Leaders
(314) 412-9938
realestatebychrissywagner.com

Janice Freeman Team

(314) 753-7852
janicefreeman.com

Jeff Lottmann - Compass Realty Group

(314) 406-8911
jefflottmann.com

The Barr Tradition

(636) 394-9300
thebarrtradition.com

The Debbie Weber Team

(314) 775-0424
ddcwsellstlhomes.com

ROOFING & SIDING

Advocate Construction
(314) 266-6811
advocateconstruction.com

SALON

LookAfter Hair Company
(636) 537-3096
lookafterhairco.com

SALON & SPA

Nuovo Salon Spa
(636) 527-2566
nuovosalonspa.com

SENIOR CARE

Assistance Home Care
(636) 200-2909
assistancehomecare.com

SIGNS

The DeSIGNery
(314) 647-1700
designery.com

SKIN CARE & BEAUTY

A|N Skin & Beauty
(636) 385-6203
anskinbeauty.com

SOFTWASH/EXTERIOR CLEANING/ POWER WASHING

H2O Power Washing
(636) 448-8680
h2opowerwashingstl.com

TRAVEL AGENT

Mouse World Travel - Patty Gerleman
(314) 452-4717
mouseworldtravel.com

TREE SERVICE

Ballwin Tree Service
(314) 799-1461
ballwintreeservice.com

Gills Tree Service

John Gills
(636) 274-1378

WINDOW & GUTTER CLEANING/ POWER WASHING

Doubet Window Cleaning
(314) 590-3370
doubetwindowcleaning.com

Clean products with no harmful chemicals, additives, microplastics or preservatives.

(...microplastics..? What the heck?!)



If you care what you put on the bodies of your family, visit exactlyzero.com to order our products today!

~ Exactly Zero ~





MARY TUTTLE'S
Finest Floral Arrangements & Gifts

'Tis the Season to Celebrate!

Let our flower artists help you customize a beautiful and unique arrangement for the holidays. Save time and money by ordering directly from your local family-owned florist.



Bring In Store For

20% OFF

Any One Gift Item In-Store

Disclaimer: Excludes Flowers, Sid Dickens, Special & Online Orders, Gift Cards and previous purchases.

Products Offered: Match, NEST Fragrances, Mariposa, Tea Forte, Julie Vos, Mariposa, My Saint My Hero, Calaisio, many more unique brands.

EXPIRES 1/31/23

2022 Floral Holiday Calendar:

- Hanukkah, December 18th–December 26th
- Christmas, December 25th
- New Years Eve, December 31st

Come visit us in Chesterfield Valley!

(636) 425-3344

17021 Baxter Road, in Chesterfield Valley

marytuttles.com

marytuttlesflowers.com



It's Christmas time in Clarkson Valley!

May your holiday season be filled with love and joyful times with friends and relatives. Let's make 2023 a successful year for all!

Call Mayor Douglass at 636-394-8916 or email rsdoug@sbcglobal.net.



Clarkson Valley Recycling Results
October Recycling Tonnage: 22.18 Tons



BY CLARKSON VALLEY
MAYOR SCOTT DOUGLASS
SPONSORED THIS MONTH
BY STEEL KNIGHT HOLDINGS
& PROPERTY MANAGEMENT
INC., ST. LOUIS METRO



Don't miss the BEST TIME to invest in rental properties!

Why do some people hesitate to get into the real estate rental market even with rising rental income? Half the battle is finding the right property, and the other half is finding reliable and capable property management...

When you become a partner with **Steel Knight Holdings**, you can take advantage of the real estate market and collect a check without these issues! We partner with the best firms to not only find you the right properties but also to make sure your investments have a consistent ROI.

Call Zach Schmitt to join the fastest growing way to cash flow today! **(314) 719-9869**



Zach Schmitt
Owner & President



PMI STL METRO

Visit PMIStlMetro.com for more information.

SHOUT OUTS

A HOLE IN ONE FOR MATT OTT!

at Forest Hills

SUBMITTED BY FOREST HILLS RESIDENT
JOHN MAZZOLA

On Friday, 10/7/22, Mathew Ott using a driver shot a 188-yard hole in one on #6!

Do you have anyone you want to wish a happy birthday, anniversary, congratulations, thank you, good luck, etc.? Do you have an engagement, wedding, or new baby announcement? Send what you want to say along with a photo to Bill.Tuttle@n2co.com.



Save money.
Save time.
Save my number.



Tania Interian • 314-822- 5180 • Se Habla Español



PERMA JACK® OF ST. LOUIS

The St. Louis area's most trusted foundation repair & basement waterproofing company for nearly 50 years!



BASEMENT WATERPROOFING



FOUNDATION REPAIR



BOWED WALL REPAIR

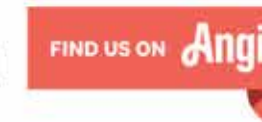


WALL CRACK REPAIR

Schedule a Free Inspection & Estimate Today:

636-225-2553

www.permajackofstlouis.com





HIGHER
FOCUS
PHOTOGRAPHY



Kian and Gina enjoy hanging out at the Forest Hills pool, barbecuing in their backyard, visiting the local wineries with family and game nights with friends. Their favorite restaurants are Annie Gunn's, Favazza's, Olympia and Napoli, while their favorite family dinner is shrimp pasta. Family traditions include taking an annual anniversary trip to the Caribbean, and they love traveling to Europe. Their favorite holiday is Christmas, so they celebrate by decorating their home inside and out and spending time with their family in St. Louis or their family members in Washington, D.C. Kian and Gina have family living all over the world in France, Italy, Belgium, Iran, England, Swede, and Canada!

While they both love traveling, cooking and golf (Topgolf is a frequent destination), Kian enjoys reading, writing and playing the drums. Gina plays tennis, likes to paint and hike. Of course, their favorite sports teams are the Cardinals and the Blues! In the summer, the Homayoonfars love going to the pool, playing cornhole and other outdoor sports. Their favorite TV shows are *Great British Baking*, *Barefoot Contessa*, *Fixer Upper*, *New Girl*, and *The Office*.

Kian and Gina love Clarkson Valley for the scenery, local restaurants, convenient shopping and safety. They are members of Forest Hills Country Club and are excited to meet others from around the community. The Homayoonfars are thrilled to raise their own family in such a family-friendly community!

Get to know your neighbors better by having your family featured in the next available issue and receive a free mini-photoshoot from Jill Gray at Higher Focus Photography or nominate a family and we'll contact them! Email Bill.Tuttle@n2co.com.

Introducing the Homayoonfars!

SPONSORED EACH MONTH BY CHRISSY WAGNER RED KEY REALTY LEADERS

Say hello to the Homayoonfars! Kian and Gina live in Forest Hills with their Scottish Terrier, Winston, cat, Kiki, and turtle, Donatello. Gina is from St. Louis and is a former teacher of 11 years. She is currently working towards a real estate license. Kian is originally from Pittsburgh, PA, and is Director of Mutual Fund Research at Stifel.



CHRISSY WAGNER
REALTOR®

Real Estate With Results




redkey
REALTY LEADERS

314.412.9938
chrissy@redkeystlouis.com



Leave it to **Weaver's** to renew your space with the style and grace of wallpaper.



Weaver's Wallpapering Company
314.616.0487

Painting
Mural Installation
Wallpaper Removal
Minor Drywall Repair
Wallpaper Installation

Schedule your free estimate today!
weaverswallco@gmail.com · @stl_wallpaper_paint

Earn neighborhood style points.



DECK · PATIO
HARDSCAPING
SERVICES



Call us today to turn your property into an outdoor paradise. We'll provide a free quote within 24 hours so you can start planning parties right away!

(314) 680-5141
thewallguysconstruction.com

NEW DISNEY



DEAL ALERT!





A new offer has been released for select dates at the Walt Disney World Resort!

Call today if you are interested in a trip between December 11 — March 30!

MOUSE WORLD TRAVEL

Patty Gerleman
(314) 452-4717
I will also plan any of your travel needs, so call today!



mouseworldtravel.com

WE DO WINDOWS
GUTTER, SIDING CLEANING + MORE!



* Clarkson Valley residents receive
5% OFF
first service!
*

CALL FOR YOUR FREE ESTIMATE TODAY!
(314) 590-3370

DOUBET WINDOW CLEANING
You say clean, we say SPOTLESS!

doubetwindowcleaning.com

MEET ASHLEY NORDMAN

Founder & CEO of A|N Skin & Beauty

OUR MISSION is simple: we want to help women and men achieve the clearest, healthiest skin possible so they can look and feel their best. We firmly believe that having confidence in our appearance can be a life-changing experience, and we are honored to play a part in bettering the lives of others.

We stand out from the rest because **our products are made of high-quality and effective ingredients that actually create change within the skin.** The ingredient profiles possess potent actives that cannot be found over the counter, and each ingredient is lab and quality tested, as it is held to the highest standards due to being medical grade.



Coleman, Everlee and Ashley Nordman

Medical-grade products not only produce better and faster results but are also backed by science and proven to work. We will always be cruelty-free and free of harsh chemicals and additives, as these are core values our founder stands behind.

We aren't just about skin care. We care about skin health, a balanced lifestyle and properly educating consumers so they make the best decisions for their specific needs. Skin health is much more than just using products on your face; it also involves the words we say, the things we see in the mirror and the information that we take in.

WE STARTED in the spring of 2020, right as the world shut down due to the pandemic. Our founder, Ashley Nordman, had been a medical aesthetician at a high-end plastic surgery center and lost her job overnight. While she was unable to treat and work on patients, she came up with a plan to help her customers by formulating and crafting her own skin care products to use at home. **A|N Skin & Beauty came alive at her kitchen table as her dream was to help people feel confident and beautiful in their skin,** and she wasn't going to let the state of the world stop her.

The brand began with our top-selling skin pads, which sold out time and time again. As the popularity grew, so did the line, and now we have expanded to offer entire skin care regimens, body products and even make-up. All of which are made of high-quality ingredients and effective formulations.

A|N Skin & Beauty now has its first storefront in O'Fallon, MO, where the founder resides, and our warehouse

is located in the same space as well. We are a small, female-owned business, and we are proud to say that our products are all made in the USA.

OUR FOUNDER is Ashley Nordman, a licensed medical aesthetician who also happens to have an extensive background in health and wellness. Her lifestyle and values show that **prioritizing your overall health is an important factor involved in achieving healthy skin,** and that is why her products are all designed with your overall health in mind.

Ashley created A|N Skin & Beauty as a way to help as many people as she possibly could to achieve clear and healthy skin, and this is a huge passion of hers as she was an acne sufferer for the majority of her life. She also battled health conditions, hormonal problems, and anxiety for over 10 years before **she finally took matters into her own hands and healed her mind, body, and eventually her skin,** thanks to going to esthetician school.

Now that she is acne-free, she is determined to help others see the same success with programs such as her Acne Bootcamps. Having a clear complexion has been life-changing for her and helping others get to that same place

is a huge motivation for us. As we have evolved to help others with a multitude of skin concerns, it is beautiful to see the brand blossom into so much more. **And we are just getting started.**



A|N Skin & Beauty
636-385-6203
anskinbeauty.com

Do you know any awesome businesses that would be great partners for your publication? We're always looking for referrals! Please email Bill.Tuttle@n2pub.com.

Find Your Skin Type, Achieve Your Glow!

Scan the QR Code below to take our Skin Quiz and find out what regimen is best for your skin type and goals!

PLUS receive \$10 OFF your first purchase of \$50 or more online or in-store!

Use Code: **INVESTINYOU10** at checkout!

A|N skin & beauty

Medical Grade | Naturally Derived | Locally Owned | Cruelty Free

Restorative Eye Cream

Our Restorative Eye Cream is not only hydrating, but also improves thinning under-eye skin, dark circles, puffiness, wrinkles, and crow's feet!

★★★★★

Body Smoothing Retinol Lotion

Rejuvenate your body to achieve smoother, firmer, and more evenly toned skin with our Body Smoothing Retinol Lotion.

★★★★★

Real Results

before after

before after

COME VISIT US AT 113 W. PITMAN ST. IN O'FALLON, MO | WWW.ANSKINBEAUTY.COM



Renovations
Home Improvements
& Custom Homes



King Homes
Design & Construct

314-520-7271
kinghomesonline.com



Improve Your Corner of the World

Residential & Commercial

- Roof Inspection
- Roofing
- Gutters
- Siding



Call 314-266-6811 or
visit advocateconstruction.com
to schedule your **FREE** roof inspection



CLARKSON VALLEY RESIDENT OWNED BUSINESS

THE CLARKSON VALLEY FOUNDATION REPAIR EXPERTS

We Fix Wet, Broken Basements,
and Foundation Problems!



- Foundation Crack Repair
- Wall Stabilization
- Egress Window Installation
- Radon Testing & Mitigation



quackerswaterproofing.com

CALL: 636-281-3735



Your Home Comfort
is Our Family Business



(314) 872-8070
www.welsch-heatcool.com



WE CUT TREES, NOT CORNERS.

Tree Service You Can Trust To Do The Job Right

Free Assessments | ISA Certified Arborist on Staff | Safe Professionals



Ballwin
Tree Service



TREE REMOVAL

TREE TRIMMING

STUMP GRINDING

Call today for your FREE assessment: (314) 799-1461

Visit: ballwintreeservice.com for more information



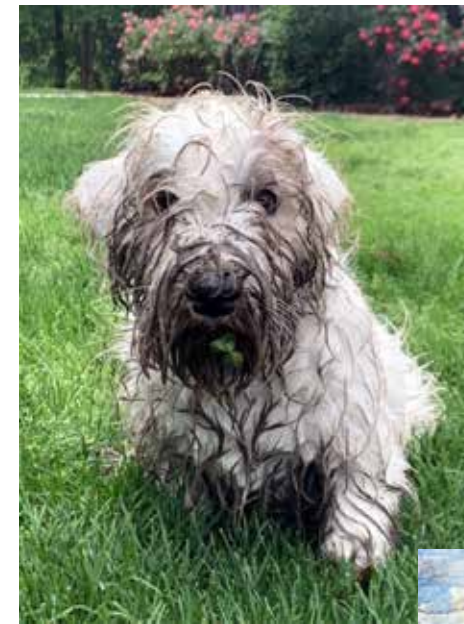
PRECIOUS PETS

STUBBS

SPONSORED EACH MONTH BY YARNCOM



Cooper, Mabel, Pip and Stubbs



Do you have a family pet we could feature? We want to meet them! Email Bill.Tuttle@n2co.com.

Hi, there! Stubbs here, sending everyone a happy hello. I'm a 1 1/2-year-old Sealyham terrier. My family is the Browns. We live in Kehrs Mill Trails. I'm described as the house clown. My big brothers are Pip, a mutt, and Cooper, an English mastiff. My sister Mabel is also an English mastiff. They are my bestest friends!

When I first arrived, it was during a special time when humans stayed home a lot. I loved it! My humans say I got them through a tough time, but that's my job, to make them happy. Most of the day, I spend following Cooper around the house and cuddling with him. Every day I sniff the backyard with Pip and Mabel. Sometimes I get into mischief and dig up a mole hole or roll in a puddle and get muddy. I also like to find toads to bother or squirrels to chase. One day I may catch a squirrel. It is my destiny!



Stitch & Shop

Owner Heather Swan!

Yarncom
COMMUNITY THROUGH CREATION

Create Fiber Art with us!
For our calendar of events visit:
yarncomstl.com or on Facebook: [yarncom](https://www.facebook.com/yarncom)
291Chesterfield Mall · Chesterfield, MO 63017
Call or Text: 636-628-6784 · Email: info@yarncomstl.com

THE A NO. 1 POWER WASHING SERVICE in Clarkson Valley

IS **H2O POWER WASHING LLC**

- Roofs • Gutters
- Siding • Decks
- Concrete

Reach out to us to reveal a brighter exterior and schedule your pressure washing/soft washing service today!

Call Nathan:
636-448-8680
h2opowerwashingstl.com



YOU ARE WORTH STARTING NOW.

BY FOREST HILLS RESIDENT CHELSEA THEODOROPOULOS

- **What is required for me to become this version of myself?** Is it your nutrition? Increased fitness activity? Positive self-talk? Quality relationships? Self-care?
- **What's stopping me?** Is it your schedule? Fear of failure? Fear of success? Unsure where and how to start?
- **Is that true?** Answer that honestly.

Procrastination can easily lead to inaction. We tend to procrastinate because we're busy putting others first. I want you to shift your mindset in the value you bring to not just your own life but to those around you. What if putting yourself first meant caring for others *better*? Every day, we have an opportunity to get better, stay the same or take a step backward, and only you can make that decision in how you show up. When you physically, emotionally, and mentally feel your best, you rise for others. You become a source of positive influence and a blueprint for your children. You become a magnetic force that inspires and breeds action for those that surround you.

None of this is an overnight change or a magical experience. In fact, it's messy and cumbersome. It's a series of a thousand small habits that get stacked over time, and a thousand times, you choose yourself first. Time is too valuable to wait until Jan. 1. Start now, even if it is messy.



Chelsea Theodoropoulos is a resident of Forest Hills and the Owner of Burn Boot Camp in St. Louis. Through her gym communities, blog, and live events, she is committed to unlocking the potential in others for a healthier, purpose-driven life. For additional guidance or ideas on how to get started, email connect@chelseatheo.com or visit chelseatheo.com.

burn boot camp
4 WEEKS FOR \$69
 12/12/22-1/23/23

SUBJECT TO CHANGE. PLEASE CONTACT GYM FOR OFFER DETAILS.
 MANCHESTER | O'FALLON | SOUTH COUNTY | KIRKWOOD
 (314) 303-4748 (636) 399-5141 (314) 330-1487 (636) 399-6652

BURNBOOTCAMP.COM

New Year's is coming! It's the magical calendar flip where we get a fresh start and a heavy dose of motivation. We fill our heads with promises that 2023 is THE YEAR we make long-lasting change because we're serious this time. We can do it, but not until Jan. 1, 2023, because the time that stands before us at this moment is lost on us. The time in front of us doesn't matter. "I'll start ... later," we say. We sneak in our final indulgences and mentally prepare for the big day that will kick off the rest of our lives.

Stop paralyzing yourself with ultimatums and feeding your thoughts with self-doubt.

Why not right now? Why are your goals taking a back seat? When will you come first in your own life? Any time gifted to us does matter.

You can enjoy the holidays while also putting yourself first. The trouble with waiting until the new year is that you are feeding a narrative in your head repeatedly that you are not important enough to begin *now*. Your goals matter, too, and there is space for both.

Ask yourself these five questions:

- **What is currently weighing me down?** Is it stress? Negative self-talk? Lack of structure? A busy schedule?
- **Where do I want to be in one year?** Visualize your best self. What do you feel like? Look like? What's important to you? What are you doing?

Waypoint
Exactly what you had in mind.

ALL STYLE. NO HASSLE.
 Your Waypoint® designer has the knowledge, experience, quality cabinetry and details you need to efficiently remodel kitchens, baths or any other living space into a unique expression of your personal style. Visit waypointlivingspaces.com for inspiration and contact your Waypoint® dealer today.

KITCHEN SHOWN IN 530 MAPLE ESPRESSO

THE STYLE HOUSE STUDIO, LLC
 255 OLD STATE RD
 ELLISVILLE, MO 63021
 636-220-3007

thestylehousetl.com

Complete Dental Care with
Compassion, Respect and
Attention to Excellence!



NEW PATIENT SPECIAL:
Receive a Home
Whitening Kit for **\$55**
when you come in for an
Exam, Cleaning & X-Rays
(\$85 Value!)

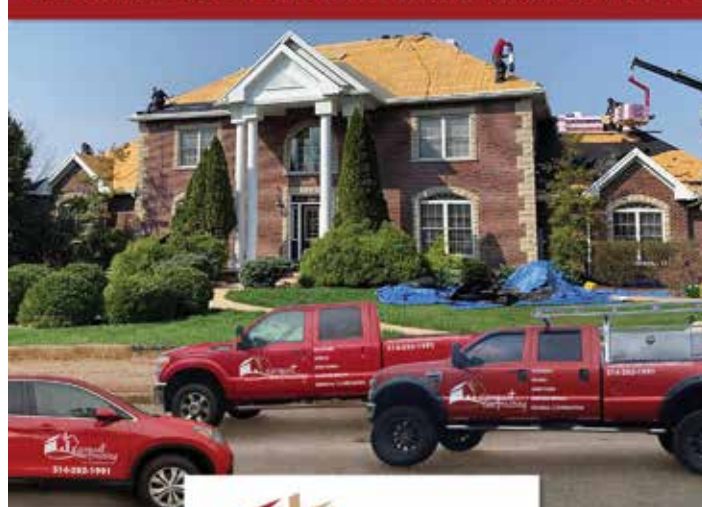


Mark Hesker, D.D.S., P.C.
450 N. New Ballas Rd., Suite 200
Creve Coeur, MO 63141
314-569-3337
www.heskerdental.com

"It's easy to open up to someone who cares."

Visit: heskerdental.com today to book your appointment!

Your neighborhood "General Contractor"
specializing in exterior home improvement.



Custom Decks & Patios · Outdoor Living Spaces
Roofing · Siding · Gutters · General Contracting
All Home Improvements!

30 Years Experience · Free Inspections & Estimates · Insurance Specialist · Fully Insured
covenantcontractingstl.com · 314-282-1991

LOVE YOUR LOOKAFTER



CUT · COLOR · STYLE
WE CARE ABOUT HAIR

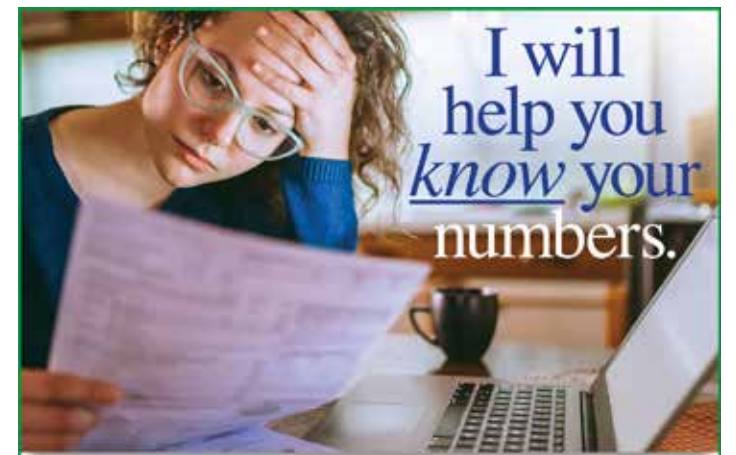
LookAfter
HAIR COMPANY

Free Deep
Conditioning
Treatment
with any
Color Service!

BOOK TODAY!
636-537-3096

lookafterhairco.com

Market Place
1738 Clarkson Rd. · Chesterfield MO 63017



I will
help you
know your
numbers.

Whether you are trying to put together a budget and understand where your money is going, or trying to know and understand your small to medium sized company's financials, I can help!

With more than 30 years executive experience in the business world, I've honed my skills to keep the guesswork out of your financials.

- ✓ Bookkeeping
- ✓ Bookkeeping for Taxes
- ✓ Business Advising
- ✓ Business Growth Consulting

Let me go to work to help you get on track and stay on track!



Kathleen (Kathy) Brenner
Founder & President
Call (314) 605-1800 or visit:
kathy@bookkeepingforyoullc.com
bookkeepingforyoullc.com

ENHANCE YOUR OUTDOOR LIVING SPACE



Call **636-220-4911** today for a free estimate
visit: suburbiaatl.com to see all our services



When you need electrical work done, make sure it's Accurate.

Clarkson Valley
residents receive
\$20 OFF
your first project!

**ACCURATE
ELECTRIC**



636-225-1020
accurateelectricstl.com

Kitchens | Bathrooms | Pools | Hot Tubs | Decks | Basements | Generator Installation
Service Upgrades | Panel Changes | Licensed | Bonded | Insured

AMAZING ATHLETES



From left to right: Catherine Cronin, Addy Surber, Rylie Andrews, Miranda Linenbroker and Ava Sanford



Catherine Cronin of St. Joseph's Academy
21st place Class 4



Miranda Linenbroker of Marquette 65th Place Class 4



Rylie Andrews of St. Joseph's Academy
2nd Place Class 4



Addison Surber of Lafayette 11th Place Class 4



Ava Sanford of
Visitation Academy 6th
Place Class 3

FIRST RIDE FREE!

MEET OUR TEAM

CYCLEBAR

LET'S GET STARTED TODAY!

1657 Clarkson Road · (636) 778-3880
chesterfield@cyclebar.com · cyclebar.com

FOREST HILLS GIRL'S HIGH SCHOOL GOLFERS REPRESENT AT STATE!

SPONSORED THIS MONTH BY CYCLEBAR CHESTERFIELD BY MARGARET SLINEY, COMMUNICATIONS & MARKETING COORDINATOR AT FOREST HILLS COUNTRY CLUB

Congrats to our Forest Hills girl's high school golfers, Rylie Andrews, Ava Sanford, Addy Surber, Catherine Cronin and Miranda Linenbroker on a fantastic season and for making it to and competing in the state golf tournament! Rylie Andrews, Ava Sanford and Addy Surber finished second, sixth, and 11th, respectively, earning themselves a medal, which are handed out to the top 15 players. They each earned "All State" honors as well.

Congrats, girls, and keep up the great work!

Calling athletes of all ages! Do you have a sport you are passionate about? We want to hear your story! Email Bill.Tuttle@n2co.com.

HELLO I'm Debbie

I don't just find houses, I find homes. A home that will not only shelter you and your family, but also serve as a place where your loved ones feel safe and comfortable.

I'll help you find the home that will be the center of your memories for decades to come.

The Debbie WEBER kw TEAM KELLERWILLIAMS.

Helping you from start to finish!

Call me, Debbie Weber to discuss your new home!
(314) 775-0424
ddcwsellsstlhomes.com

The Griggs

SPONSORED EACH MONTH BY ASSISTANCE HOME CARE

Grandparent's Name:

Diana Griggs

Nickname: Nana

Subdivision: Clarkson Mill

Grandchild's Name:

Reese Griggs

Nickname: Reese Piecey

Subdivision: Kehrs

Mill Estates

Age: 6

QUESTIONS NANA ASKED REESEY PIECEY:

What do you want to be when you grow up?

A veterinarian, so I can save animals.

What's one way you think the world will be different when you're my age?

There will be less trees.

What's your favorite family tradition?

Taking our family picture on the beach in Florida

What makes you happy?

Mommy

What are you afraid of? What makes you feel better or less afraid?

The dark; "meow meow" (her stuffed cat) makes her feel better.

What kind of chores do you do at home? What are you saving money to buy?

I clean the playroom. Money to buy more "stuffys" (stuffed animals).

What's your favorite thing to do with me?

Play games

How many grandchildren do you think you'll have when you're my age?

Seven

If you could change one thing about the world, what would it be?



Dana and Diana Griggs with their grandchildren, Reese, Riley, Sloane and Maguire at Christmas time!

There would be no school.

Who is your hero? Why?

Mommy, because she is so sweet (her mom didn't pay her to say this).

QUESTIONS REESEY PIECEY ASKED NANA:

When you were my age, what did you want to be when you grew up?

A teacher

What's one way the world was different when you were my age?

There wasn't the internet or iPhones; we had a landline and maybe a party line.

Is there a story behind the name you call me? What is it?

I happen to love Reeses Peanut Butter Cups; we call you Reese Piecey.



What makes you happy?

Playing with my four grandkids

What's your favorite memory of your own grandfather or grandmother?

Making cinnamon buns with my grandma and eating them while they were still warm.

What were you scared of when you were little, and when did you stop being afraid?

I was scared of snakes, and I still am!

Can you tell me about the first time we ever met?

We met in the hospital.

How did you meet my grandfather/grandmother?

I met your grandfather when he came to my house to meet my brother; they were friends.

What's your favorite part of having grandchildren?

Watching them grow up and be kind and sweet.

Watching them play sports!

What was dad like when he was my age? Do I remind you of him in any way?

I can see your dad in you; he was kind and sweet just like you.

Generation conversation is a way for a grandparent and grandchild to learn more about each other and how the world has both changed and stayed the same. To be featured, email Bill.Tuttle@n2co.com.

CARE FOR YOUR LOVED ONE
Peace of Mind for You

Assistance Home Care
Established 2011

Google rating 4.9 ★★★★★

ACCREDITED BUSINESS
BBB Rating: A+

Now Accepting New Clients!
636.200.2909

Ask About Our Same-Week Start Care Schedules!

AssistanceHomeCare.com Private Duty In-Home Senior Care. Locally Owned & Operated. 53 Clarkson Rd., Ellisville, MO 63011

TURNING YOUR DREAMS ~ INTO REALITY! ~



Schedule your **FREE** in-home consultation today!



Call us today at **314-499-8800** or visit: premiumcabinets.com

FINANCIAL FITNESS



SPONSORED EACH MONTH BY KRIS CALDWELL, EDWARD JONES FINANCIAL ADVISOR

To achieve your financial security, and that of your family, you will need to create a comprehensive strategy. And you'll need to guard this strategy from various challenges - which means you'll need to build in different layers of protection.

For starters, you'll want to protect your ability to achieve your goals. To do so, you'll need to develop an investment portfolio that's appropriate for your objectives, risk tolerance and time horizon.

And to protect your family's future well-being in case something happened to you, you'll need adequate life insurance. Also, to protect your income in case you became temporarily disabled, you may need disability insurance.

You'll also want to protect your IRA and 401(k) from being used for short-term needs, such as an expensive home repair. You can help avoid this threat by building an emergency fund containing three to six months' worth of living expenses.

Finally, protect your financial independence from the threat of long-term care, such as an extended nursing home stay. A financial professional can offer appropriate strategies.

It can be challenging to keep your financial strategy intact - so do whatever it takes to protect it.

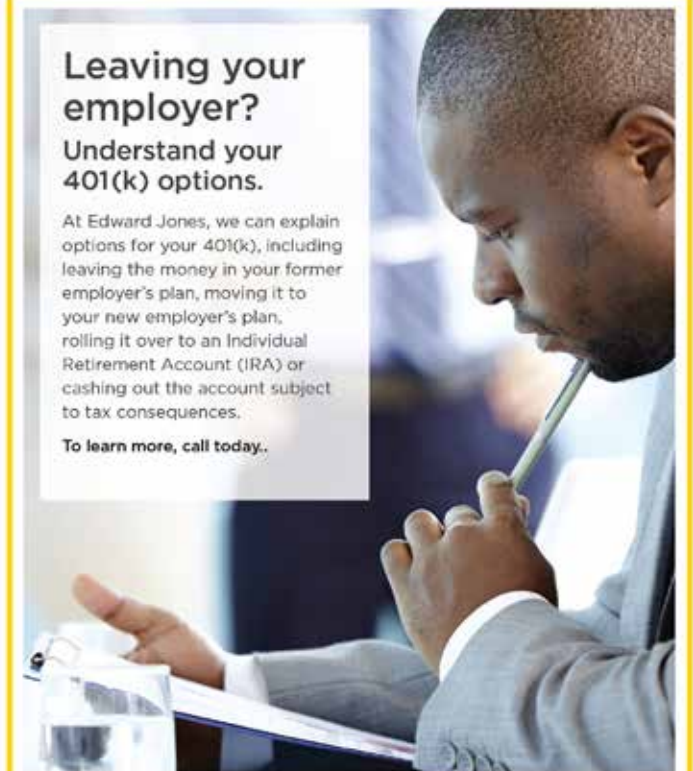
This content was provided by Edward Jones for use by Kris Caldwell, your Edward Jones financial advisor, at 16640 Chesterfield Grove Road, Suite 130, Chesterfield, MO 63005, 636-537-0376. Investors should understand the risks involved in owning investments. The value of investments fluctuates, and investors can lose some or all of their principal. Member SIPC

ADD LAYERS OF PROTECTION TO FINANCIAL STRATEGY

Leaving your employer? Understand your 401(k) options.

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

To learn more, call today.



Kris Caldwell
Financial Advisor
16640 Chesterfield Grove Rd.
Ste 130
Chesterfield, MO 63005
636-537-0376

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



Carolyn Karutz

Fourth-grade teacher at Kehrs Mill Elementary!

SPONSORED EACH MONTH BY ABSOLUTE COLLEGE CONSULTING

Calling all high school and college students! Do you have a story to tell about your high school experience or college selection/experience? We'd love to hear about it! Email Bill.Tuttle@n2co.com.

Name: Carolyn Karutz
Neighborhood: Dunhill Farm
High School: St. Joseph's Academy
University: University of Dayton
Degree: Early Childhood Education
Kehrs Mill Elementary: Fourth Grade Teacher

Why did you want to become a teacher?

I have wanted to be a teacher ever since I was 7 years old. I remember my first day in second grade as the new kid at my elementary school and how nervous I felt. On that first day of school, my teacher, Mrs. Kurka, read a book about a new girl, reading my name in place of the character's name, but I just knew she had looked everywhere for a book with my first name in it. (So, I thought!) To this day, I remember how special and important she made me feel. I came home from school that day determined to be a teacher when I grew up because I wanted to make my own students feel as wonderful and special as Mrs. Kurka made me feel. From that day forward, I began my own classroom in my basement, teaching my stuffed animals in front of a dry-erase board. I am grateful for the many teachers who touched my life and inspired me to become an educator.

Where did you receive your teaching degree?

The University of Dayton in Ohio. Go, Flyers!

Do you have any special certifications?

I have a dyslexia certificate as well as an additional certificate in fourth and fifth grade. I have always loved reading and writing and had a desire to improve my students' abilities in the area of language arts. Additionally, my fourth- and fifth-grade certificate allowed me to dive deeper into the major content areas of the upper elementary grades.

Why did you choose your university?

My older sister, Victoria, had attended the University of Dayton, so I knew it was one of my contenders. When I stepped on campus, it was the first school that truly felt like home. Dayton also has a wonderful reputation with its teacher education program, ranked fourth nationally. I grew not only in my academics but enjoyed enrichment activities to grow myself as an individual through volunteer work, being a part of a cappella group and performing in musical theater productions. Dayton was a wonderful experience, and I absolutely loved it.

What is your favorite thing about being a teacher?

I love how every day is new and exciting, as 9- and 10-year-olds are never boring! My fourth-graders keep me smiling and laughing every day with their humor, wit and stories. While we work hard each day, the classroom community that develops in the span of a school year is what touches my heart the most. My students truly make each day fun and are the reason I



am excited about work every day. I could not imagine myself doing anything else!

How do you continue to develop yourself and grow as a teacher?

I am a firm believer that all professionals should continue to grow and develop in their field of study. I keep up to date on the field of education through regular professional development events that I attend, books shared among colleagues and by having a strong network among my fellow teachers. My fourth-grade teammates are a wealth of knowledge, and it is such a gift to learn from such skilled and dedicated professionals on a daily basis. I am also looking forward to beginning my master's program this coming summer.

What advice do you have for people interested in a career in education?

My advice is to be open to different grade levels and ages, and to experience and observe in as many different schools and classes as possible. You never know what your perfect classroom fit might be! I always thought I would solely teach younger grades, but I have absolutely loved teaching fourth grade. Another piece of advice would be to find an experienced, passionate educator that you can rely on for any questions but can also uplift you throughout your career. Surrounding yourself with like-minded, driven teachers is imperative for a successful teaching experience!



Find the **ABSOLUTE** Best College Fit for Your Student!



Let's face it, a college search is overwhelming.

Through personalized guidance and an individual plan, Cindy Zelinsky, BAE, MS assists students and families in finding the right college fit. Call for a **FREE** consultation.

- Build an Appropriate College List
- Assistance with Admissions, Applications & Financial Aid
- Help with College Visits & Essay Development
- Extensive Experience in Recruiting for Athletics



ABSOLUTE COLLEGE CONSULTING

Call Cindy at (636) 346-5313 or email: Cindy@absolutecollegeconsulting.com
 Visit: absolutecollegeconsulting.com

IECA[®] INDEPENDENT EDUCATIONAL CONSULTANTS ASSOCIATION ASSOCIATE MEMBER

Follow us on FB and Instagram!

Congestion of remodeling making you stressed?



Breathe Easy with

UNIT'S
MOVING AND PORTABLE STORAGE



Call us for your Next Remodel

314.934.8648

Locally-Owned & Operated by Mike & Chris Krenning

UnitsSTL.com



HAPPY HOLIDAYS!

Give the gift of vision this holiday season. End-of-year appointments are still available, but they fill up fast—so schedule now!



Scan the QR code or visit our website to schedule your appointment today!

317 Clarkson Road, Suite 102
Ellisville, MO 63011

636-249-2885
performanceeyecare.com

GIFT CARDS AVAILABLE




Celebrate the ones you love with beautiful custom artwork

HIGHER FOCUS
PHOTOGRAPHY

- High School Seniors
- Family Portraits
- Event Photos
- Headshots
- Photo Booth Rental

www.higherfocus.net 636-273-6600

Who's caring for your Family Tree?

TREES TRIMMED & REMOVED • BUCKET TRUCK SERVICE • STUMP GRINDING

No Job too small, ... no tree too Tall




Gills
TREE SERVICE

636-274-1378



hello

**Are You Thinking About Making A Move?
Now May Be The Time!**

Low inventory levels in the area, paired with high buyer demand makes it an opportune time for sellers to put their home on the market!

We would be more than happy to give you a free, no obligation estimate of the current value of your home.

Don't Wait - CALL TODAY!

Phyllis: 314-973-2843
Kris: 314-750-8054
thebarrtradition@cbgundaker.com
thebarrtradition.com



The BARR
Tradition
FAMILIES AND HOMES TOGETHER

Coldwell Banker Realty - Gundaker | Town & Country Office
636-394-9300 | #1 Office in the #1 Company in the State of Missouri!

HALLOWEEN 2022 IN CLARKSON VALLEY!

SPONSORED THIS MONTH BY THE JANICE
FREEMAN TEAM

Kids of all ages enjoyed trick-or-treating in our Clarkson Valley neighborhoods and the Forest Hills Haunted Autumn Extravaganza! A crisp evening free of wind and rain had our streets filled with witches, zombies, trolls, superheroes and more! Spooky and fun!



Abby Schaefer and Clair Borello of Clarkson Farm Estates



Davis, Jack and Nora DeVault posing in a Star Wars Theme at the Haunted Autumn Extravaganza!



Clarkson Farm Estates Halloween!



Kingston and Evan Belger with Connor Theodoropoulos



Darby Munich of The Manors at Clarkson Valley



Catherine and Chase Kane with Ainsley and Brooklyn at the Forest Hills Haunted Autumn Extravaganza



Mary Swearingen and De Lynn Klosterhoff of Clarkson Farm Estates



Kiley, Keira and Thomas O'Brien



Wesley Moser, Janie and Jackson Shanker of Clarkson Farm Estates



Clarkson Farm Estates Parade Grand Marshal!



Justin and Christopher Akin enjoying some pumpkin decorating!



Charlie, Tommy and Jack Smith as Mario, Yoshi and Luigi!



Riley and Reese Griggs of Kehrs Mill Estates



Larry and Joyce Berry of Clarkson Farm Estates



Sean and Chelsea Muncy with Callister at the Forest Hills Haunted Autumn Extravaganza



Paxton Lello of Forest Hills



Kathleen and Tom McKittrick with Alice and Annie at the Forest Hills Haunted Autumn Extravaganza



Lauren and Andrew Stein of Dunhill Farm



Chris and Amy Rhodes with Danny and Patrick at the Forest Hills Haunted Autumn Extravaganza



Lined up for treat in Clarkson Farm Estates!



Enjoying the festivities in Clarkson Farm Estates!



WE ARE PROUD TO SPONSOR THIS MONTH'S
LIVING SPACES FEATURE

**JANICE FREEMAN
TEAM**

Gavin Freeman
Direct: 636-728-8731
GMF333@gmail.com
SellingHomesinStLouis.com

Janice Freeman
Direct: 314-753-7852
Office: 636-530-4005
JMF@JaniceFreeman.com

BERKSHIRE HATHAWAY HomeServices

Alliance Real Estate · Janice Freeman Team
17050 Baxter Road, Suite 200, Chesterfield, MO 63005
© 2020 Real Estate Brokerage Services are offered through the network member franchisees of BHH Affiliates, LLC. Most franchisees are independently owned and operated. Equal Housing Opportunity.



Nolan and Addie Barks of Kehrs Mill Estates



Enjoying a pleasant weather Halloween eve in Clarkson Farm Estates!



Riley and Reese Griggs of Kehrs Mill Estates



Gabrielle, Christian and Hannah Macari



Connor, Clara and Chelsea Theodoropoulos of Forest Hills



Pierce and Sloan Cunningham of Forest Hills



Trick or Treating in Clarkson Farm Estates!



Melissa and Dillon Mead-Shoop



Janie Shanker and Kate Fink of Clarkson Farm Estates



Kayden, Mikayla and Morgan Wiesley with Sydney and Samantha Sperry



Jace Gibson, Jackson Shanker and Nate Newlin of Clarkson Farm Estates



Reese Griggs!



Westhampton Halloween Petting Zoo!



Westhampton Halloween Parade Fire Station #4 Engine!



The Trein-Schulze Family as the Addams Family!



Westhampton Halloween Parade Coffee Truck!

45 MINUTE ROWING BASED WORKOUT · LOW IMPACT CARDIO · DUMBBELL TRAINING · BODY WEIGHT EXERCISES · DYNAMIC STRETCHING

MENTION THIS AD AND GET YOUR FIRST MONTH FOR JUST **\$50!**

ROW HOUSE
PULL TOGETHER.

4 CLARKSON WILSON CENTER CHESTERFIELD, MO | 314-391-2136 | THEROWHOUSE.COM

SCAN HERE TO REDEEM A FREE CLASS & ENTER TO WIN 10 FREE CLASSES!

CHEF ANTHONY LAUB LEADS THE CULINARY TEAM at Forest Hills Country Club

BY MARGARET SLINEY, COMMUNICATIONS AND MARKETING COORDINATOR AT FOREST HILLS COUNTRY CLUB
SPONSORED THIS MONTH BY HACKETT HOME REMODELING

We are thrilled to announce that Chef Anthony Laub will be taking over as our new Executive Chef. Chef Tony is an Executive Chef, certified by the American Culinary Federation and a graduate of the Culinary Institute of America, with more than 30 years of culinary experience. He has a long history of developing food and beverage teams in many areas of the health care, hospitality and service industries while being committed to quality and the guest experience.

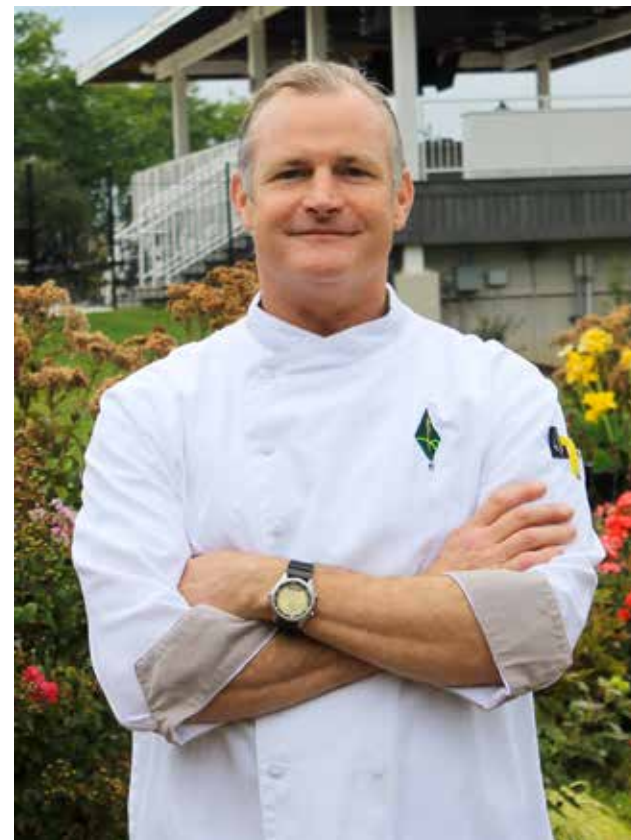
Chef Tony has been assisting Forest Hills Country Club in a Sous Chef role since March 2022 and has brought a depth of knowledge to our culinary team. He has traveled extensively throughout the country supporting restaurants, hotels, hospitals and country clubs. He has worked at several high-profile social events, including Le Dames D'Escoffier, the International pinot noir Festival, Slow Foods USA and the Veuve Clicquot Champagne Dinners. He also works in a culinary capacity with the PGA at several well-known golfing events, including the Waste Management Phoenix Open, the PGA Championship and the Masters. Chef Tony is excited to

continue his relationship with these PGA tournaments while representing Forest Hills Country Club.

Chef Tony's impressive resume includes experience at various country clubs and resorts, including the Cherokee Town and Country Club, St. Louis Country Club, Horseshoe Bend Country Club, Fairmont Scottsdale Princess and Sea Island Resort. During his time at these places, he worked for six Certified Master Chefs and is actively pursuing this certification himself. There are only 67 Master Chefs in the entire country.

When asked about his leadership style and plan for increasing member satisfaction, Tony said, "I am a problem solver and lead by example; I have worked my way up in the culinary industry. I have intimate knowledge of all levels of management and front-line positions. I take a hands-on approach to teaching, and I view mistakes as an opportunity to mentor and learn. I strive for excellence and am very detail-oriented. I hold myself and my work to extremely high standards." We are very excited about the changes Chef Tony will bring to Forest Hills!

Membership at Forest Hills Country Club is by invitation only.



SCALLOP AND PORK BELLY — Sweet Potato Puree, Candied Red Cabbage, Balsamic Glaze, Brown Butter Beurre Blanc



SOY CARAMEL GLAZED SEA BASS — Shiitake Mushroom-Miso Broth, Cabbage, Carrots, Snow Peas, Cilantro, Scallions, Soba Noodles



BLUE CHEESE CRUSTED BEEF TENDERLOIN — Harvard Beets, Roasted Carrots, Asparagus, Au Gratin Potatoes

Are you a member of Forest Hills Country Club? We'd love to spotlight you! Email Bill.Tuttle@n2co.com for more details.

Home Remodeling in Clarkson Valley Quality | Craftsmanship | Reliability | Integrity



Kitchen • Bathroom • Basement • Home Office
Built-in Shelving • Fireplace Update
Wainscoting • Shiplap • And More!

Contact **Brad Hackett** at
(314) 540-6311 or visit
hacketthomeremodeling.com
to request an appointment today!



**HIGH QUALITY PASTURE RAISED MISSOURI BEEF & PORK
DELIVERED DIRECTLY TO YOUR HOME!**

2018
**BRUSH CREEK
VALLEY FARMS**
CUBA • MO
USA

Owners **Matt & Rockael Stubblefield**
Family-owned & operated farm right here in Cuba, MO!
Call (573) 241-1221, use the QR Code or visit brushcreekvalley.com
today to shop for your farm-fresh beef and pork delivery!



INSPIRING LIFE OUTDOORS

St. Louis' Leader in Design & Build Hardscaping

Request a consultation:
636-349-2946
bigbendlandscaping.com

Get Inspired At:
 @BigBendLandscaping



**Fire Pits • Retaining Walls
Patios/Walkways • Outdoor Living**



A real estate experience that's more than just a transaction.

You can count on us to be your trusted guide throughout and after your sale. We have been the #1 Realty Group in Clarkson Valley for over a decade. As residents, we know the premium Clarkson Valley commands. We'll ensure that you feel protected and supported from the moment we connect, and continue to feel our value as a resource for all your home needs and questions. Here's how we will provide you a better search or sell experience.



Personalized real-time data.

We'll pair our know-how with market metrics to help you achieve your home goals. You can go beyond standard home market metrics with a neighborhood evaluation that is specific to you.

Customization and collaboration.

For buyers, we can curate a Collection based on your home buying needs and wants, bringing together a set of homes in a visual workspace picked just for you.

Insight-driven decision making.

For sellers, our powerful valuation tool informed by live market data, will ensure you set your list price with confidence to sell fast and for a maximum value.

Contact us to get a custom market report and evaluation today!



Jeff Lottmann
Luxury Real Estate Advisor
M: 314.406.8911
jeff.lottmann@compass.com



Chase Lottmann
Luxury Real Estate Advisor
M: 314.805.8440
chase.lottmann@compass.com



Compass is a licensed real estate broker, licensed to do business as Compass RE in Delaware, Idaho, New Jersey, Pennsylvania and Tennessee, Compass Realty Group in Kansas and Missouri, Compass South Carolina, LLC in South Carolina, and Compass Real Estate in Washington, DC, Idaho and Wyoming and abides by Equal Housing Opportunity laws.



A PRODUCT OF
THE N2 COMPANY

5051 New Centre Dr
Wilmington, NC 28403

A Publication for the Residents of Clarkson Valley

If you woke up with a sick child, I could be at your home by now.

- A Concierge Practice with Direct Access to Dr. Joe Cangas
- Board Certified Pediatrician
- Unlimited House Calls

Dr. Joe will provide you with his honest professional opinion, and let **YOU** decide how to treat your child.



Dr. Joseph Cangas, MD

ALLIES4HEALTH

**Hassle Free Healthcare.
Understanding. Not Demanding.**



Founder
visit helmetsfirst.com
for news & events!

allies4health.com

info@allies4health.com